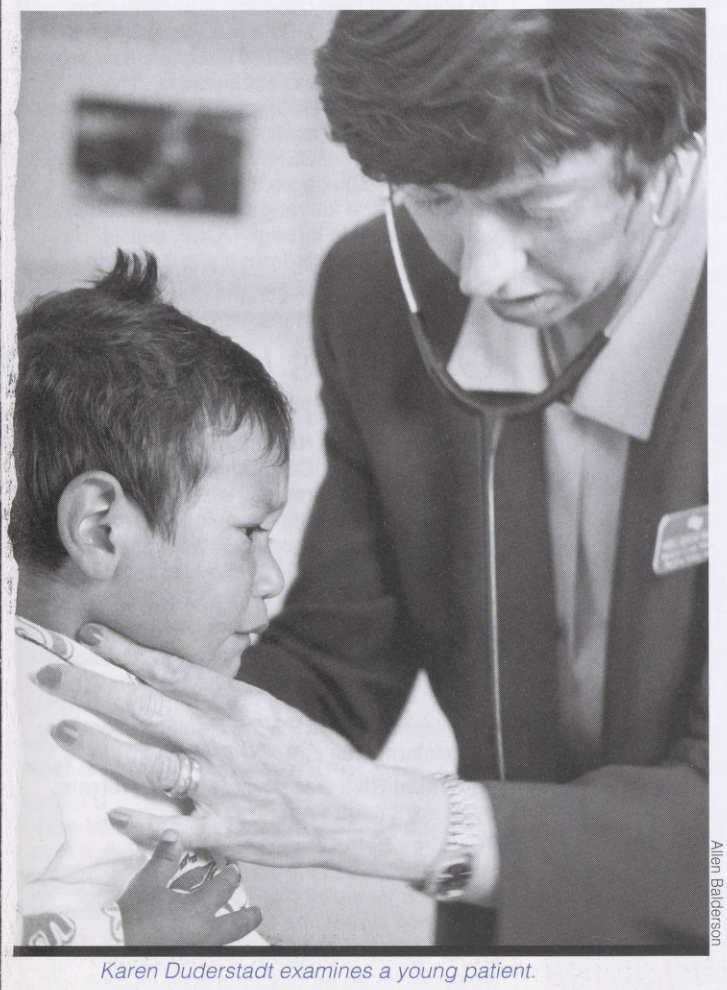
July/August 1994 Volume 19, Number 4

To Our Neighbors

A summary of recent news stories from the University of California San Francisco

UCSF

Mission Pediatrics: Nurses in Charge



Allen Balderson

Karen Duderstadt examines a young patient.

It's a small, colorful waiting room, filled with bright "keep-busy" playthings, active sick and not-so-sick children and anxious, but smiling, parents. Here, parents and kids wait their turn for treatment in the only nurse-run practice in the city — UCSF Valencia Pediatrics, located at 1640 Valencia Street in the Mission District.

UCSF acquired the practice last fall and has continued to operate it as a pediatric practice for Mission District residents, primarily Spanish speaking. It is staffed by nurse practitioners with one consulting physician, David Sanchez, MD, a UCSF clinical instructor.

"The practice is unique because it is run by nurses," says Marilyn Potash, business manager of the practice. "We do consult with a physician when appropriate, and in certain cases we refer the child to a hospital."

This makes the Valencia practice in high demand among nursing students. Pediatric nurse practitioners and School of Nursing faculty members Karen Duderstadt, RN, director of the practice, and Pat Jackson, RN, MS, oversee the 10 to 15 students who work at the Valencia practice. The students typically examine the child first, then report what they find to Jackson or Duderstadt.

UCSF Valencia Pediatrics treats about 500 children a month, mostly Hispanic (57 percent). About a quarter are African American, and five percent are white. The rest are Filipino, Pacific Islander, or children of mixed-race marriages. It is open weekdays, 9 a.m. to 6 p.m. For more information, call 647-3666.

New Partnership Helps Dementia Patients

The UCSF Psychiatry and Neurology departments have formed a partnership to provide clinical service for people experiencing symptoms of dementia and their families.

Both departments offer a wide range of services through the Memory Clinic and Alzheimer's Center at the Langley Porter Psychiatric Institute (LPPI), 401 Parnassus Avenue.

The patient care team includes a physician, psychiatrist, neuropsychologist, social worker and clinical nurse that provides such services as neurological evaluation, geriatric medical evaluation, neuropsychological testing, psychiatric screening, diagnostic testing and neuroimaging, as well as in-home visits to determine whether patients are able to care for themselves.

Morton Lieberman, PhD, clinic director, says that the dementia patient has an impact on multiple generations of family members. His studies have found that families often are forgotten by health care professionals even though they suffer from stress when dealing with the dementia patient.

That's why the final step in evaluating patients includes a family conference to direct family members to respite and counseling services.

The clinic may be reached at 476-7606 weekdays from 9 a.m. to 4 p.m.

"Safe Sun" Can Halt the Skin's Aging

So, you want to stay young looking for as long as you can and that "fountain of youth" miracle product is nowhere in sight. A UCSF physician says your visible aging worries could be over if you just carefully protect yourself from the sun's damaging rays.

"In whites, the sun causes more than 90 percent of the skin's visible aging changes, including wrinkles, bags under the eyes, drooping, sagging, brown spots and thinning to name a few," says epidemiologist Michael J. Martin, MD. His "90 percent theory" is based on findings in his book *How to Outsmart the Sun -- The Ultimate Guide to Healthy, Young-Looking Skin* (Penmarin Books).

Dermatologists have known for years that sunlight damages and ages skin. Until Martin's "90 percent theory," experts had not been able to quantify the percentage of the skin's aging caused by sunlight. "Amazing as it may seem, almost the only thing that ages skin is sunlight," Martin says. "By carefully protecting your skin from sunlight exposure you can keep it from ever looking old."

"We've got to educate the public before they will change their behavior," Martin says. One group that he wants to target in particular is parents.

Some experts, including Bruce Wintroub, MD, head of dermatology at UCSF, believe that about 80 percent of lifetime sun damage occurs before a child gets out of his or her teens. Since skin cancer and

visible skin aging are directly caused by sunlight exposure, it's important to begin skin protection early in life.

Martin's book is available in bookstores throughout the country or by calling 1-800-462-6420.

In Brief

Slowing the Progression of Multiple Sclerosis

For the first time, a clinical study has shown the ability of a drug to slow the progression of a chronic form of multiple sclerosis, says UCSF neurologist Donald Goodkin, MD, director of the Multiple Sclerosis Center at UCSF/Mount Zion Medical Center. Goodkin says that although methotrexate is not a cure, it is a relatively non-toxic treatment option for patients with progressive multiple sclerosis.

Admitting that the benefits are modest, Goodkin says his study results were unequivocal: "Weekly low-dose oral methotrexate over a two-year period significantly slowed progression of disability compared to a placebo. Methotrexate had no clinically significant toxicity in the study." For more information, call the MS Center at 885-7844.

Helping to Delay Glaucoma-Related Blindness

Volunteers are needed for a study to determine whether the blinding disease glaucoma can be delayed or prevented with the early use of prescription eyedrops now commonly used to forestall further eye damage in patients who already have the disease. People between ages 40-80 who have ocular hypertension, a higher than normal pressure within the eye that places them at risk for glaucoma, may be eligible. For more information or to schedule a free screening, call ophthalmologist Michael Drake, MD, or study coordinator Peggy Yamada at 476-3711.

Seeking Women with Asthma

Women with asthma are needed for a research study examining the risk factors of the condition. Funded by the National Institutes of Health, the study is an attempt to rectify the inadequate attention women's health issues have received from professionals and the government. Little information exists about how women specifically experience asthma. The study, conducted by Daniel Adelman, MD, and Richard Shames, MD, in the Division of Allergy & Immunology, is open to women between the ages of 18-40 who suffer from asthma symptoms at least weekly and do not smoke or take birth control pills. For more information, call Anne Sondheim at 476-0848, ext. 2.

SPIN Publishes Second Healthy Eating Book for Kids

What do you do when your kids only want to eat hamburgers and fries? Introduce them to "Creepy Cholesterol" and the "Snack Tracker," two cartoon characters who have become familiar names from San Francisco to Stockholm in the past three years. Creepy and Tracker help teach children about eating "heart healthy" food through a successful program used by schools developed by the Gladstone Institute of Cardiovascular Disease at SFGH.

The SPIN (Special Program in Nutrition) program for third- and fourth-graders has published its second edition. "This program has motivated many families and teachers in school districts all over the country to change to a healthier eating style," says Thomas Bersot, MD, director of the program. For further information call 695-3846.

More news for you on the back page

What's happening

To Our Neighbors
A bimonthly calen
events at UC San

Special Events

Tues.-Thurs., July 26-28
Violence & the Vulnerable Child. All those interested in the mental health needs of children are invited to discuss the impact of increasing violence directed at children in all cultures around the world. Fairmont & Stanford Court Hotels. Request registration information by fax from the UCSF Continuing Med. Educ. Office at 476-0318.

Institute of Healing Arts & Sciences

A series of free talks on various alternatives in health care and healing. Held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 330-5353 for a complete schedule of events.

Multiple Helpers Outreach Network Support Group. For victims & survivors of violent trauma. Ages 15 & over. Meets on Tuesdays from 10 a.m.-noon and on Wednesdays from 1-3 p.m. in Rm. A222, Langley Porter Psychiatric Institute, 401 Parnassus; and from 7-10 p.m. in Rm. 517, Nursing Bldg., enter through 521 Parnassus. For further information call the helpline at 759-7923, 7 a.m.-10 p.m. daily.

Art Exhibits

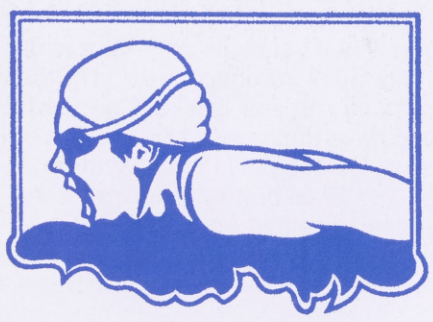
Through Aug. 31
Drawings & Paintings by Judith Kaufman. On display at the Faculty/Alumni House, 745 Parnassus. Open weekdays or by appointment. Call 476-4723.

Hospitals Auxiliary Art Exhibit. On display in the lobby of Moffitt/Long Hospitals, 505 Parnassus, during July and August will be pet rat prints by Lynne Skrabak, mixed media by Avy Jetter and abstract prints by Tak Kanehira. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, call 476-4906.

Mount Zion Community Meetings

An ongoing series of meetings to keep the community apprised of activities of interest and to listen to neighborhood concerns. The next meetings will be held on **Tues., July 26** and **Aug. 23.** Executive Board Rm., 2nd fl., UCSF/Mount Zion, 1600 Divisadero. 7 p.m. Call 476-3206.

Recreation & Fitness



Come sign up for a swimming class or any of the over 100 classes at Millberry Fitness Center. The center now offers individual class or class series cards for any or all of the excercise classes offered. Call 476-1115 or 476-0350 for more information & a complete class schedule.

Campus Tours

All tours are free and begin at 1 p.m. on Fridays. Meet in the Medical Sciences Bldg. lobby, 513 Parnassus. Sponsored by Campus Tours/Speakers Bureau. Call 476-4394.

Breast Cancer Screening

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $60. Your physician's approval is required, plus his/her full name, address & telephone number to assure results are mailed promptly. Appointments must be made at least one month to six weeks in advance. Find out when the van will be in your neighborhood by calling 476-2193 between 9 a.m. and 3 p.m., Monday through Friday. A $60 mammography screening also is available at the UCSF/Mount Zion Medical Center Radiology Department. Call 885-7465.

Senior Lecture Series

UCSF Medical Group/Seniority Plus presents the following free lectures on Mondays at 10 a.m. at various locations. Call 476-0373 for more information.

Mon., July 11
Communicating with Your Doctor. Lakeside Presbyterian Church, 19th Ave. & Eucalyptus.

Mon., August 15
Fitness for Older Adults. Herbst Hall, Mount Zion, 1600 Divisadero.

Lakeside Senior Medical Center Talks

Free lectures for seniors held on Wednesdays at 10 a.m. at Lakeside Presbyterian Church, corner of Eucalyptus & 19th Ave., near Stonestown. Call 586-8600 for a complete schedule.

Volunteer Orientation

Program to acquaint prospective volunteers with opportunities available in the Medical Center at UCSF in Langley Porter Psychiatric Institute Auditorium, 401 Parnassus (P), and at UCSF/Mount Zion in Herbst Hall, 1600 Divisadero (MZ). For further information call 476-1196 (P) or 885-7353 (MZ).

Wed., July 6, 5-7:30 p.m. (MZ)
Wed., July 20, 9-11:30 a.m. (MZ)
Wed., Aug. 3, 5-7:30 p.m. (MZ)
Wed., Aug. 17, 9-11:30 a.m. (MZ)

Personal Safety

The following presentations are available by appointment to groups in the community or at your workplace:

Crime Prevention. Presented by UCSF Police Department. Call 476-5683.

Self-Defense Classes & Sexual Assault Prevention Education. Presented by UCSF Rape Prevention Education Program. Call 476-5222.

Survivors Support Group. Looking at how sexual assault can affect day-to-day life. Sponsored by Women's Resource Center. Call 476-5222 for class dates, time, location and registration.

Blood Donation

Tues., July 12
Campus Blood Drive. Blood may be given at the Millberry Conference Center, 500 Parnassus. 8 a.m.-6 p.m.

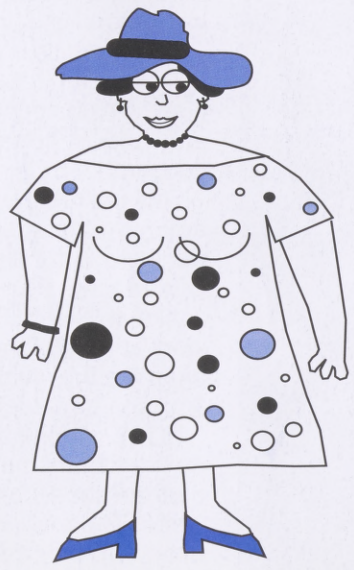
You don't have to wait for a blood drive to give blood. You may donate any weekday, 10 a.m.-8 p.m., or Saturday, 10 a.m.-3 p.m., at UCSF's Blood Donor Center, Rm. 131 Long Hospital, 505 Parnassus. For information & appointments call 476-6989.

Women's Programs

Events sponsored by the Women's Resource Center, unless otherwise noted. Call 476-5222 for information and to pre-register for workshops.

Sat., July 2
Self-Defense for Women. $35-$65. Sponsored by Rape Prevention Education Program. Studio 2, Millberry Fitness Cntr., 500 Parnassus. 10:30 a.m.-5:30 p.m.

Sat., July 16
Workshop: Basic Home Repair — Electrical. $45-$60. Rm. 517, Nursing Bldg., enter through 513 Parnassus. 9 a.m.-4 p.m.



Tues., July 19
The Triumph of Individual Style. See the beauty in your body's unique design through the elements of art. Learn self-acceptance and how to create a personal style. Toland Hall, 533 Parnassus. Noon-1 p.m. (Followed by workshop on Sat., Aug. 6.)

Sat., July 23
Workshop: Basic Home Repair — Plumbing. $45-$60. Rm. 517, Nursing Bldg., enter through 513 Parnassus. 9 a.m.-4 p.m.

Tues., July 26
Video/Discussion: The Silent Scream. A powerful reminder that adults must take children seriously if they hint that they are being sexually abused. Toland Hall, 533 Parnassus. Noon-1 p.m.

Thurs., July 28
Film: Warrior Marks. In this film about female genital mutilation directed by Pratibha Parmar, interviews with women who are concerned and affected by the subject are intercut with author Alice Walker's personal reflections. Toland Hall, 533 Parnassus. Noon-1 p.m.

Sat., July 30
Workshop: Basic Auto Repair. $45-$60. Entrade, 2830 Ninth St., Berkeley. 9 a.m.-4 p.m.

Sat., August 6
Body Acceptance Workshop: How Beautiful My Body! How Beautiful Myself! $60 (includes book, *The Triumph of Style: A Guide to Dressing Your Body, Your Beauty, Your Self.)* Call 476-5222 for location. 10 a.m.-1:30 p.m.

Great Expectations Programs for Parents

The UCSF Birth Center offers special classes & video presentations for expectant parents on Wednesdays, 7-8:30 p.m. Rm. 326, Ambulatory Care Center, 400 Parnassus. Call 476-MOMS for information. Also call for details about San Francisco Mothers of Twins Club.

Sat., July 23
Infant Nutrition. $10 individual/$15 couple. 11 a.m.-1 p.m.

Primary Care Hotline

Do you need help choosing a primary care physician at UCSF? The Medical Center at UCSF offers personalized assistance to help you make a choice to suit your personal preferences and geographic needs with primary care physicians available at UCSF Medical Center, UCSF/Mount Zion and the practices at Lakeshore and Daly City. To learn about the full range of primary care options available through UCSF, call 885-7777 weekdays from 8 a.m. to 5 p.m.

Outdoors Unlimited

Outdoors Unlimited is a cooperative resource center for outdoor recreation and adventure, serving both the UCSF campus and the general public. It provides skills training, equipment rentals, trip planning information and a place to meet others with similar interests. Call 476-2078 for a free brochure.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-3902.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS or HIV infection, in a risk group or otherwise affected.

At the Heart of It

At the Heart of It, a cardiac support group for heart patients experiencing fear, anxiety, confusion & stress, is facilitated by a cardiac social worker and a registered nurse. Meets at UCSF/Mount Zion, 1600 Divisadero. For further information call 885-7227.

CPR Training

"Save A Heart" Program. CPR classes sponsored by UCSF CPR Center. Suite 370, 3333 California St. Classes are from 9 a.m.-1 p.m. $20. For class schedule, information & registration call 476-1817.

CPR Road Show. Traveling CPR demonstration by volunteer instructors sponsored by the UCSF Center for Prehospital Research & Training. $25. Call 476-8502.

Cancer Referral Hotline

The UCSF Cancer Referral Service enables cancer patients to place just one telephone call and learn the names of UCSF doctors specializing in the kind of treatment they need. Call 1-800-888-8664.

Look Good, Feel Better

This program provides expert advice on makeup, wigs & the use of turbans to people who have undergone chemotherapy or radiation and have lost or are losing their hair. Held the first Monday of each month in the 11 Long Solarium, Long Hospital, 505 Parnassus. Co-sponsored by the American Cancer Society and supported by the Donna Smith Fund. Call 476-1383.

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Brown Bag Lectures

A series of free lectures held weekly at noon on Wednesdays in Rm. 300, Health Sciences West, enter through 513 Parnassus (P); monthly on Thursdays in Rm. 125, UCSF-Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, UCSF/Mount Zion (MZ), 1600 Divisadero. Sponsored by Campus Tours & Speakers Bureau. Call 476-4394.

July 6
Keeping the Scales Balanced. Making time for joy, health maintenance & spiritual development guarantees success & peace of mind. (P)

July 13
Procrastination: An Ineffective Solution to Fear. (P)

July 19
Life After Shingles. (MZ)

July 20
Double Your Productivity M.D. Time-knowledge & relationship management for the physician of the '90s & beyond. (P)

July 21
Overload-Overwhelm. Learn ways to make a powerful impact without being overwhelmed. (MCB)

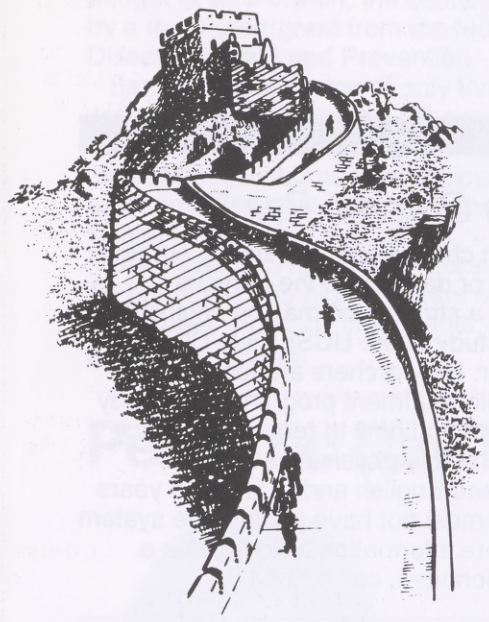
July 27
What Is Multiple Sclerosis? (P)

August 3
If I Do What I Love, Will the Money Follow? Learn how to integrate work & self. (P)

August 10
Home Management for Professional People. Learn a system to control paper clutter, relieve stress & involve the whole family in getting the job done. (P)

August 16
You Can Live 10 Years Longer with Better Health. (MZ)

August 17
Signs & Symptoms of Depression in the Elderly. (P)



August 18
Healthy International Travel. (MCB)

August 24
Is Work a Pain in Your Back? How to make a less-than-ideal work situation work for your back. (P)

August 31
The Role of Alternative or Complementary Care in Meeting Your Health Needs. (P)

UCSF
University of California San Francisco
Public Affairs
3333 California Street, Suite 103
San Francisco, CA 94143-0462

Matt had several melanoma tumors that were found in his lymph nodes.

He used to bake.

Matt Chapman used to have such a passion for the sun that he literally would bake on Southern California beaches and during Arizona vacations. Today, the 23-year-old college student has a different attitude. But, he also has malignant melanoma.

Matt was diagnosed with the potentially deadly skin cancer in April 1992 when he was attending Fresno State and pursuing his dream of becoming an athletic trainer. As in many cases of melanoma, the first sign was a mole which grew large, dark brown and itchy. The Fresno State team doctor noticed the suspicious growth in the middle of Matt's back and a lump under his left arm, suggesting a cancer had spread. A biopsy of a lymph node from the arm indeed found it to be cancerous. "He told me to go to UCSF right away. For melanoma, they are the best," says Matt.

The pioneering UCSF/Mount Zion Melanoma Detection and Treatment Center, directed by Richard Sagebiel, MD, is one of only a handful of its kind in the country. The center has one of the largest collections of clinical data on the natural history of melanoma, and its team of specialists evaluate each patient and offer the most innovative therapies for advanced cases of the disease. About 75 percent of the time, patients coming to the center are in the early stages, when the disease is easily treated and cured.

In Matt's case, however, major surgery was required. UCSF/Mount Zion surgical oncologist Stanley Leong, MD, excised the mole and surrounding tissue from Matt's back and removed a cluster of 18 lymph nodes from under his left arm. Three of the lymph nodes had tumors, including one nearly two inches thick. Such tumors which were found in the small, bean-shaped organs that act as filters were a warning that they could likely reappear, even in other parts of his body.

Matt at first shunned further treatment, choosing instead to "live like a normal 21-year-old," and with bandages on his wounds he went on to his summer job as a sports camp athletic trainer. In August, however, he felt another lump, this time under his right arm.

Matt returned to UCSF/Mount Zion where Leong removed a tumor less than an inch thick in lymph nodes from under his right arm. Matt then decided to participate in Leong's trial of an experimental autologous vaccine, which would use harvested cells from Matt's own removed tumors to fight off development of any new ones.

Beginning in the fall of 1992 and over the next three months, he was injected periodically with a vaccine that combines his tumor cells, which are irradiated to make sure they do not grow in the body, and an immunizing agent to make the vaccine stronger and more directed at the cancer.

More than 18 months after his last immunization, Matt has shown no signs of any new cancer. He keeps a careful watch of his skin and is examined by Leong every three months. He maintains a healthy lifestyle. He eats well and exercises regularly, playing tennis at night instead of under the dangerous sun. And he keeps a healthy frame of mind, which he believes is helping ward off recurrence of the disease. Indeed, at the UCSF/Mount Zion melanoma center psychosocial consultation is as routine part of every patient's initial visit.

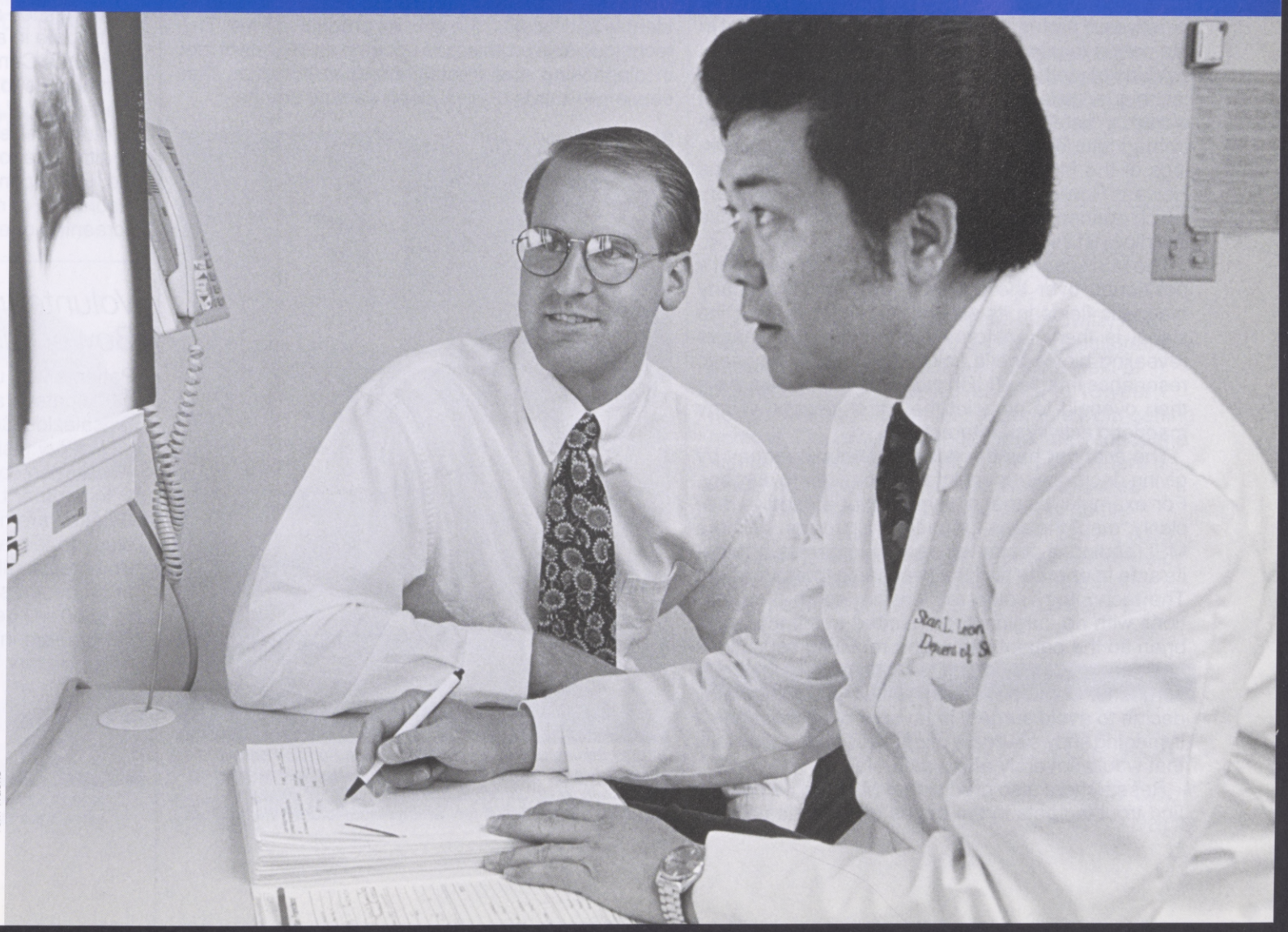
"Having cancer has not adversely affected my life," says Matt. "I've learned about myself, my friends, persevering and to be kinder."

Leong advised Matt to seek a career indoors, thus he gave up the idea of becoming an athletic trainer. He chose to pursue a helping profession, much like Leong's, who has become a role model. Last month, Matt began a two-and-half-year program at University of Texas Southwestern Medical Center at Dallas which will lead him to a career as a physician's assistant.

Matt's new dream is to work in surgical oncology, maybe in San Francisco, and perhaps some day side-by-side ... with Stanley Leong.

— Andy Evangelista

(For more information on melanoma, call the UCSF/Mount Zion Melanoma Detection and Treatment Center at 885-7546, or the melanoma tumor vaccine program at 476-6158.)



Tom Wachs

July/August 1994

To Our Neighbors

Battling Malignant Melanoma

Nurses in Charge of Mission Pediatric Practice

Learn How to Outsmart the Sun — and Look Younger

UCSF
University of California San Francisco
3333 California Street, San Francisco, CA 94143-0462

To Our Neighbors

Biomagnetic Imaging Lab Opens

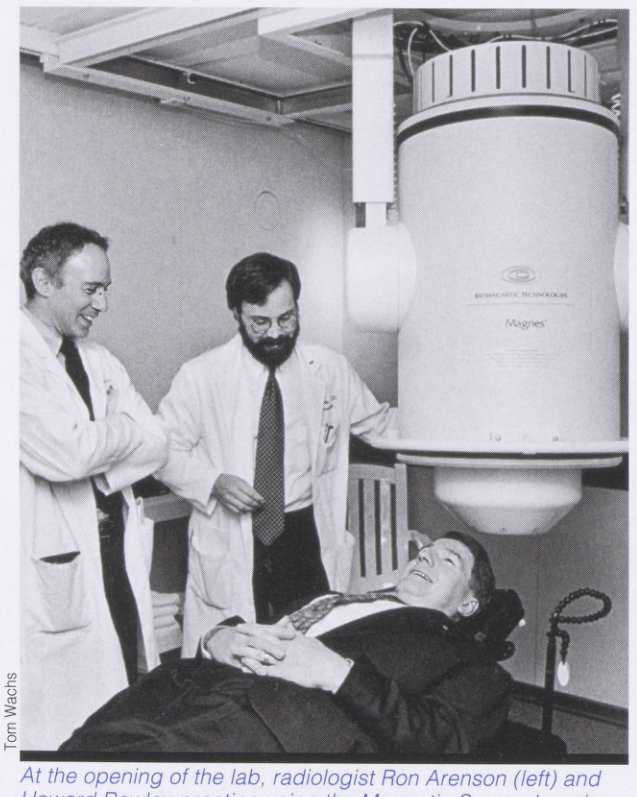
As UCSF turns to technology for new ways to diagnose and study disease without surgery or radiation, health care professionals here are among the first in the nation to use biomagnetic imaging.

A kind of stethoscope of the '90s, the non-invasive technique called magnetic source imaging (MSI) works by "listening to" biomagnetism, the faint electromagnetic fields generated by the metabolic workings of the brain, heart and muscle cells, explains Howard Rowley, MA, MD, director of the laboratory which opened in Room 362 in the Medical Sciences Building, 513 Parnassus Avenue.

The MSI scanner acts as a giant microphone as it's positioned over the patient's body amplifying any magnetic fields in its six-inch diameter range. The signal is then transformed into computer images revealing biomagnetic fields. A standard magnetic resonance imaging (MRI) picture of the same area is then overlaid to pinpoint the exact location of any magnetic activity of interest.

The scanner has the potential to save money by giving doctors pertinent information prior to surgery. For example, biomagnetism might be used to precisely "map" the area around a brain tumor. With the MSI reading, a doctor will be able to decide whether its safe to operate and the best angle to approach it. The technology could reduce the length of operations with no surgical time needed to stimulate the brain so the patient can report resulting sensations — a technique now commonly used to guide brain surgeons. Some patients and their physicians may decide to avoid surgery in favor of other treatments if imaging shows surgery might cause sensation loss that would severely affect daily life.

Researchers also predict that MSI can be used to find trouble spots in the brains of epileptic patients whose seizures can't be controlled by medication. Currently, electrodes are placed inside the head to identify and localize the seizure producing area. The technique also promises to become an important tool in diagnosing and treating heart arrhythmias that cause two-thirds of all sudden cardiac deaths.



Tom Wachs

At the opening of the lab, radiologist Ron Arenson (left) and Howard Rowley practice using the Magnetic Source Imaging (MSI) scanner on James Schumacher, CEO of Biotech-magnetic Technologies Inc. which manufactured the scanner.

Suffer from Chronic Pain?

If you suffer from chronic pain caused by surgery, viruses, disease or damage to the nervous system, such as a stroke, you may be eligible to participate in a study at the UCSF Pain Clinical Research Center. Researchers are looking for participants to join treatment programs that study the causes of pain and how to reduce it. Participants must be in stable physical and mental health, able to read English and at least 18 years old. Participants must not have an immune system disorder. For more information or to receive a screening questionnaire, call 476-0418.

Volunteers Needed for Bowel Disease Studies

Patients with ulcerative colitis are needed to participate in a clinical study to test the drug, Balsalazide Colazide. Medication, clinic visits and laboratory tests related to the study will be provided at no cost to volunteers.

In another UCSF study, patients with Crohn's Disease are needed to participate in a clinical study to test a drug for treatment of the disease. Volunteers will not be charged for any treatments or procedures in the study. A reimbursement of up to $500 will be offered for participating.

For more information, call the UCSF Center for Inflammatory Bowel Disease at 502-4444.